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Volleyball wins game,
helps animals at
"Digs for Dogs" event
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THE FLYER

Vol. 38, Issue 8

Salisbury University's Student Voice

October 26, 2010

Perdue executive headlines National Business Women's Week

Eileen Bursa shares experiences as part of Perdue School talk

By Jim Stracke
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As part of National Business Women's Week, Eileen Bursa, chief financial officer and senior vice president of Perdue Farms, talked to students about what to expect when entering today's business environment, with a few personal experiences of moving up the executive ladder.

On the afternoon of Oct. 20 in Holloway Hall, Bursa spoke to a large audience about her time in the business atmosphere. She included some words of advice to those pursuing careers in the upcoming years.

"I thought her speech was very insightful and offered a lot of tips that most students would not have ever known," said senior Ernie Dorsey. "She (offered) valuable information that any student, male or female, could benefit from."

Bursa earned a B.A. in mathematics and computer science from the University of Illinois, and her M.B.A. is from the University of Chicago. In 2001, she joined Perdue Farms with over 20 years of career experience, which includes executive positions at Unitronex Corporation, American Hospital Supply Corporation, Pakula & Company, and Square D Corporation.

During her speech, Bursa reiterated the importance of working hard every day, getting a foot in the door, practicing interviewing skills and asking for more work.

While most expected Bursa to elaborate on her challenges as a woman while working up the cor-

See PERDUE Pg. 2

Halloween fun with SOAP



Adrienne Price photo

Students Robyn Dozier, Annie Maguire, Holly McClosky, Julie Gellman, and Chante McKinney don costumes at SOAP's Halloween Horror Bash. On Sunday, Oct. 24 in the decorated Wicomico Room students could eat candy and other treats, participate in a screaming contest, show off style during a costume contest and be scared by the movie "Paranormal Activity."

Biology students explore Assateague

Class expands on textbook knowledge

By Andrew Bell
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Textbooks may be valuable learning tools, but biology students can take a different approach to learning by spending time researching outside.

Biologists, said professor Judith Stribling, spend their time among nature rather than in classrooms. Real-world experience comes from trips and field studies, she

added.

On Oct. 23, Biology 210 students exchanged their pencils and binders for seining nets and canoes to spend a day studying the ecosystems of Assateague Island State Park.

On the island, students traveled to four stations designed to expose them to the different ecosystems native to the area. Guided by biology professors, students explored the salt marshes, bays and forests on foot and by canoe.

The stations offered students the opportunity to observe plants and animals through a variety of methods. They viewed birds through binoculars, seined the water for blue crabs, and hiked among plant species.

According to Stribling, all this is an effort to provide an environmental foundation to the students' studies.

"The trip is designed to give the students insight into the ecological aspects of biology," Stribling

said. "Ecology is integral to our field but isn't something easily taught in a classroom."

Freshman Joey Gutkoska, a biology secondary education major, agreed.

"I enjoyed the trip," Gutkoska said. "It was interesting to explore the different habitats on the island. It helped me connect topics we had learned in class to the real world."

See BIOLOGY Pg. 2

District 1 congressional race is repeat of 2008 matchup

By Jamyla Williams
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The race for the Congressional Representative in Maryland's District 1 once again pits Republican Andy Harris and Democrat Frank Kratovil.

The two candidates ran against each other in the 2008 congressional race and Kratovil won the seat, which includes the Eastern Shore and portions of Harford, Baltimore and Anne Arundel counties.

While both Harris' and Kratovil's main issues are the economy, curbing government spending, health

care and immigration, attack ads have been used by both parties.

"I should be re-elected because I have worked hard to be an independent voice for my constituents," Kratovil said. "I make decisions based upon the facts, not the politics."

Harris, 53, has been a senator for 12 years. He is a physician and the son of an immigrant parents who came to the U.S. from Hungary and the Ukraine. Harris is a proponent of more stringent border control.

"My parents came here legally," Harris said. "There is a role for immigrants and for immigration. If someone came here illegally, I'm not

sure they should be invited to be citizens."

One of Harris' main campaign promises is if elected, he will try to rehabilitate the economy.

"We're in the worst economic shape I've seen in my lifetime," Harris said.

Kratovil, 42, is a former career prosecutor. Like Harris, he is also in favor of more immigration enforcement. In February, he sponsored H.R. 4627, a bill to penalize businesses that hire immigrants despite their illegal status.

Kratovil is a member of a finance responsibility coalition and has introduced bills that plan to reduce

government spending. During the current session, Kratovil backed The Student Aid and Fiscal Responsibility Act (H.R. 3221), which he called the single largest investment to help students pay for college.

"I was proud to support a measure that reforms the existing system of federal student loans to save taxpayers \$87 billion," Kratovil said.

SAFRA will increase the maximum Pell Grant from \$5,350 to \$5,550. Kratovil said it keeps interest rates low on subsidized federal student loans, makes higher education more affordable and ensures economic growth.

Harris said tax cuts will stabilize

the economy, leading to job creation, a subject on the minds of many college students.

"Students finishing college or grad school want to have a job waiting for them in the economy and we certainly don't have that now," Harris said.

Health care is also a concern for people between the ages of 18 to 25. Harris is in favor of low-cost premiums that take into account the health of college students.

"If we want to encourage students and new graduates to buy health in-

See CONGRESSIONAL Pg. 2



Submitted photo

Members of the Exercise Science Club hold up the check for \$500 they are donating to Special Olympics Maryland's Lower Shore program, made up in part of funds raised by the Kickin' Balls for a Cause event.

"Kickin' Balls" to benefit Special Olympics

By Melanie McAuley
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It may have cost \$10 to enter, but participants who played in the Kickin' Balls for a Cause tournament on Saturday could feel good about knowing they'd helped Special Olympics athletes with the fee.

SU's Exercise Science Club hosted the second annual event on Oct. 23. The club was able to donate \$500 to Special Olympics Maryland's Lower Shore program, and a similar amount went to the Exercise Science Club, according

to exercise science professor Brent Fedorko.

The double-elimination kickball tournament consisted of 13 teams that each had 10 members. In addition to the funds coming in from the entry fees, local businesses such as Pat's Pizzeria, Five Guys, Chipotle and the Fractured Prune participated in the event as sponsors who donated money, and an assortment of prizes.

"We were very excited to hold this tournament again, (after) such a great response last year," said

See KICKBALL Pg. 2

Briefly Stated

Tuesday, Oct. 26
Girls Fight Back
SOAP presents Girls Fight Back at 7 p.m. on Tuesday, Oct. 26 in the Wicomico Room. The program blends life-saving safety and self-protection strategies with stand-up comedy. GFB was created in response to the tragic murder of East-ern Illinois University student Shannon McNamara. Her Alpha Phi sorority sister Erin Weed started GFB in 2001 as a means to make empowering safety education accessible to women in a proactive, fun and non-threatening way. For more information, contact Diana Mitchell at soap@gulls.salisbury.edu.

Thursday, Oct. 28
Sexual Assault/Harassment Webinar
SU faculty and staff are invited to participate in the Professional Development Webinar "Sexual Assault, Sexual Harassment and Title IX: Managing the Risk on Campus" from 2-3 p.m. in the Pocomoke Room of the GUC on Thursday, Oct. 28. The seminar led by Brett Sokolow, J.D. and is free, but seating is limited. For additional information or to register, contact Clacie Hubbard at 410-543-6426 or cdhubbard@salisbury.edu.

Thursday, Oct. 28
Halloween Celebration
GUC hosts a Halloween celebration at 7 p.m. on Thursday, Oct. 28 in the Fireside Lounge. Join them to make Halloween treats and decorations!

Saturday, Oct. 30
BTGLASS Halloween Bash
BTGLASS will be hosting a Halloween Party on Saturday, Oct. 30 from 9-11 p.m. Tickets are available at the Information Desk until the day of the party. Spots are limited and tickets are free; it is also a costume party.

Saturday, Oct. 30
Life Crisis 5K
SU students host a 5K run on Saturday, Oct. 30 to benefit the Life Crisis Center of Salisbury as part of Domestic Violence Awareness Month. The run begins at 10 a.m. in Red Square and is open to SU faculty, staff and students. Advance registration is \$10, available online at www.surveymonkey.com/s/KCSF06. The deadline is Friday, Oct. 29. On-site registration is available from 9-10 a.m. at a cost of \$15. The event is sponsored by students in Paula Morris' Promotion Management class at SU in collaboration with Campus Against Violence and Healthy U of Delmarva. For more information contact Alexandra Olson at ao27241@gulls.salisbury.edu.

Ongoing, Friday, Nov. 12
Scarves for a Good Cause
According to the National Cancer Institute, about one in eight women in the United States will develop invasive breast cancer over the course of their lifetimes. Students in Paula Morris' Promotions and Advertising class are commemorating October as National Breast Cancer Awareness Month by selling hand-dyed silk scarves. Twenty-five percent of the proceeds are donated to Women Supporting Women, a local non-profit organization that provides awareness and education while supporting those affected by breast cancer. Remaining proceeds support SU's new home for the Franklin P. Perdue School of Business, scheduled to open in 2011. Scarves are \$30, available in six designs and a number of colors. Deadline for orders is Friday, Nov. 12. Ordering information is available on the Our Scarves Mean Business Facebook page. Cash and checks are accepted, and payment is required at the time of the order. For more information, or to place an order, e-mail Rachael Stone at rs60914@gulls.salisbury.edu.

Saturday, Nov. 6
Fall Fest Silent Auction
St. Alban's Episcopal Church will host a Fall Fest Silent Auction Saturday, Nov. 6 at 5 p.m. Items include Orioles tickets, a sculpture, antique quilts, a stay at an Ocean City hotel, a sailing dinghy, gift cards and more. Proceeds will be split between the St. Alban's Rector's Discretionary Fund for the needy and helping with an overhaul of the church's heating and cooling system. Contact St. Alban's at 410-742-6595 or www.stalbanssalisburyinfo.

RETRACTION
From the Photo Bank What's Happening on Campus, Oct. 19: Matt Maciarello is running for State Attorney, not County Executive.

A step toward helping the needy

SGA hosts "A Walk in My Shoes" to benefit Soles4Souls

By Sarah Krauss
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In an effort to encourage students to donate shoes to those who are less fortunate and learn about stereotypes, the SGA hosted "A Walk in My Shoes" on Oct. 19. The shoe drive part of the event was in connection with Soles4Souls, an organization that believes that "it is so easy for anyone to help give hope, simply by giving a pair of shoes," according to a hand-out at the event.

Soles4Souls has already given away "10 million pairs of shoes through its five year history, currently delivering a pair every nine seconds," according to the same handout.

Students also collected shoes during the next week. During A Walk in my Shoes, stu-

dents received cards with stereotypes on them. An SGA member then asked the student stereotypical questions to help the students experience a different perspective.

The activity allowed students to reflect on how stereotypes make them feel to potentially put an end to using them in the future. Senior Christina Hymes said she hoped that the activity would help encourage others not to be involved with stereotyping.

Breanna Nuñez, SGA vice president of diversity, said she got the idea for the shoe drive last semester.

"The point of the activity is to get students to walk in someone else's shoes in a fun way," Nuñez said. "We want them to think and consider others."

The shoes that SU donates will be shipped by VP Shoes to Alabama, where Soles4Souls will distribute the

shoes all over the world.

There was also an Alternative Shoes contest at the event, where students created an innovative pair of shoes out of any recycled materials, like newspaper, ribbon, or plastic.

The judges found winner Suzanne Ury's shoes to be the most creative, wearable and durable with the use of duct tape and various other recyclable materials.

Garrett White, graduate assistant for student activities said he "would like to see a bigger turnout (next year)," adding that he thought the event was a lot of fun.

"I would like to see all of the boxes filled," White said. "I encourage students to reach out in events like this. I am proud of (Nuñez) and all those who helped put on this event."

Crime Beat

10/19/10
6 p.m.

Malignous Destruction of Property
A complainant reported the vandalism of a poster in the TETC building.

10/19/10
9:30 a.m. - 5:20 p.m.

Malignous Destruction of Property
A complainant reported that her bicycle was damaged while secured to the bike rack located on the west side of Devilbiss Hall.

10/20/10
4:20 p.m.

Theft
A complainant reported the theft of his bicycle from the Caruthers Hall bike rack.

10/21/10
9:45 p.m. - 9:50 a.m.

Theft
A complainant reported the theft of a piece of jewelry that was left near a computer workstation in Blackwell Library.

Biology

Continued from Pg. 1

Freshman Hersen Hernandez said the trip enabled him to view textbook diagrams and classroom lectures in a new light.

"The textbook taught me how biological processes function but it didn't teach me why they exist," he said. "The trip helped me examine how the environment impacts life."

Hernandez added that he thinks Assateague Island is the perfect place to study biology.

The barrier island, which is located just south of Ocean City, isolates several bays from the ocean. Stribling said that its position between two unique bodies of water allows Assateague Island to support a multitude of organisms in a variety of habitats. The spread of invasive plants, the remnants of human manipulation and the introduction of horses to the island have provided biologists with opportunities to examine the impact of nonnative forces on nature.

Congressional

Continued from Pg. 1

urance, then we have to make sure we have affordable health insurance products available for them," Harris said.

Kratovil voted against the health care reform, but he said he did so because it included some items that he did not support.

"There were numerous provisions that I strongly supported, including allowing children to stay on their parents' health insurance plans until the age of 26," Kratovil said.

To learn more about Frank Kratovil visit <http://www.kratovil.com/>. To learn more about Andy Harris visit <http://www.andyharris.com/>.

These websites were referenced for some information in the article.

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CLASSIFIED AD

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Volume 38 Issue 8

EDITORIAL

October 26, 2010

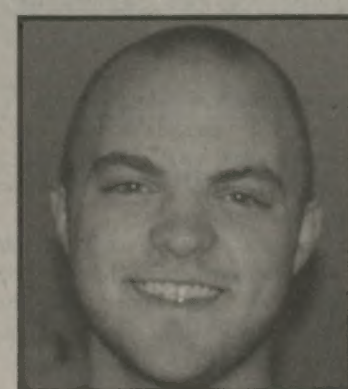
Overheard: What are you going to be for Halloween?

Photos and article by Kelly Mundle and Adrienne Price



"So far I'm going to be a ladybug and another night I'm going to be Carwoman."

-Lauren Heflin, junior



"On Friday, I'm going to be a pirate and on Saturday I'm going to be one of the Spartans."

-Steven Beck, sophomore



"Foxy Cleopatra from Austin Powers."

-Nicole Smith, senior



"I'm going to be the Captain Crunch guy."

-E.J. Derengowski, freshman



"I'm going to be a hunter."

-Ben McGuirk, freshman

Volunteering: An essential part of college life

By Jalissa R. Worthy
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Providing service to meet the needs of their surrounding neighborhoods is the best gift anyone can give to his or her community. It is selfless contributions that create a better environment overall for neighbors, families, and local schools, establishing a sense of individual pride.

Whether serving food at the soup kitchen down the street or tutoring students who are struggling, help is always greatly appreciated. Organizations always look for volunteers, but people sometimes forget that the necessity to give is not only for the recipients but also for self-satisfaction. Retired workers and companies

with plenty of goods available for distribution are typically the go-to guys when it comes to fundraising and volunteering, but it is students who are often overlooked.

Since college students have left their hometowns and moved on, they may not have much community involvement or investment in contributing to civic service. It is during this time in life when students are growing and changing more than ever. While studying to be successful in each desired field, students begin to feel that they have something to contribute to the world and are eager to put their individual stamp on society.

How does volunteering play a role in the evolution of the average college student, though? Ashley Dickinson, a graduate assistant at Salisbury University's volunteer center has the answer.

"As students of Salisbury University, we have an obligation to give back to our community," Dickinson said. "While many students are required to participate in community service, all students should want to do it. There is truly no greater satisfaction than helping others... and of course, it does look good on a resume."

Attending college is a privilege that occasionally students are not always mindful of. Being put into a situation where you are exposed to people who are less fortunate and in need opens your mind to a deeper sagacity of purpose and how an individual can impact another life.

Volunteering teaches patience and compassion while increasing one's ability to interact with people who need you. Being available to help someone enhances individual maturity, which prepares students for life beyond the classroom. Becoming more mature aids in the process of developing interpersonal skills necessary, from corporate enterprises to education related careers. Realize that when you improve someone else's life by volunteering, you're also changing yours as well—in the best way possible.

Interested in volunteering?
Stop by the Student Activities Center in GUC 215 or go to the Volunteer Center website, www.salisbury.edu/volunteer.

Allegiance to Israel, Zionism, or both?

By Mike Gibbs
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A controversial bill has been dominating the limelight of the political spectrum over in Israel. This bill has been formulating in the Knesset and requires all applicants for citizenship to first declare their loyalty to Israel as a Jewish and Democratic state.

At first glance, such a proposal seems relatively harmless. If you do not wish to declare loyalty to a country, why make the decision to reside within its borders? However, as with most political "reform," there's often more than meets the eye.

What does being Jewish really imply? Judaism as an ethnicity would imply an acknowledgement of Israel as an Ethnocracy. Judaism as a religion would effectively quash the idea of secularism in Israel all together.

In secularism, like there is in America, the government cannot show preference to any religion. This ensures religious freedom and unbiased justice in the eyes of the law. If government was allowed to self-identify as Jewish, the right to shape its jurisprudence based on religion could exist.

There is also a third option for defining what Jewish means. An ethno-religious group is one where members not only share a common belief—but also an ancestry. Judaism is most certainly open to converts, but the premise of political Zionism represents a return of an ethnic group to the land of which it is entitled to. While groups like the Sephardim, the Ashkenazic, and the Mizrahi (in addition to a plethora of minority groups) subsist, each trace their ethnic origins to the region of the Southern Levant.

Another noteworthy perspective is what constitutes a democracy. In America, we have a tendency to use the words "constitutional republic" and "democracy" interchangeably. If the American model of Republicanism is to define democracy, Israel cannot be considered such.

The nation of Israel has no formal constitution; its political structure has only been vaguely defined by precedent established by case law and occasional legislative measures. If you don't equate the U.S. with being a democracy, I ask of you this: Can a nation truly be democratic while granting special privilege in regards to citizenship? The original wording of the bill allowed for those acquiring Israeli citizenship—under the Law of Return—exempt from making the oath.

Due to internal and international pressure, Netanyahu was forced to

address this issue. The new version of the bill applies to both the Hebrew and non-Hebrew applicants. However, the bill only has the support of 36 out of 120 Knesset members. Without a majority, we are left with the dichotomy of either having the proposed oath discarded or having the oath revert to its original form.

All things considered, the relativity and ideological fog towards Jewish and democratic perspectives remains, in spite of the oath's wording. Under the assumption that Israel is both, does a nation reserve the right to demand a loyalty oath in which ethnicity and religion play a factor? Would you retain your citizenship tomorrow if you were required to pledge your loyalty to a White Anglo-Saxon Protestant country?

Ms. Advice

The golden rule in unhealthy relationships

This week, I've been asked to address two issues regarding unhealthy relationships.

What do you do when the person you are in a relationship with does not respect your religious faith?

One thing to remember is that, if you love God, being with someone who feels the same way is a requirement you should not settle on. Standing firm in your faith is difficult enough without being in a relationship with someone who is going to disrespect your beliefs. While it would be difficult to end the relationship, you are only honoring God in the long run.

If you have decided this is something you will not do, tell your significant other this area of your life is not to be messed with. If he or she cannot accept your religious beliefs, be sure to spend your time with God away from that person, so he or she will not be able to disrupt it.

Don't get me wrong, I'm not saying those people who do share similar religious beliefs are bad people or aren't capable of love. I'm just reminding you all that when you have a passion like religion, it's important to have that in common with your significant other. Your significant other basically needs to encourage and support you in your faith rather than tear you down or ignore the passion you have.

How patient should I remain for someone who just thinks the whole world revolves around them?

Being in a relationship with someone who doesn't listen to your concerns—yet demands respect in return—is a common problem in relationships. Sometimes kindness shown in a relationship is overlooked and taken advantage of. This is not real love.

Love is selfless and supposed to be reciprocated. Sometimes the most loving actions are to say no, and get out of a bad situation. Relationships are difficult, but you should not be the only person trying to solve the issues. More often than not, the other person is the problem. If you're with someone who doesn't listen to you or treat you well, the solution is simple. Break up with him or her. When we think about being in a relationship, do we dream about being treated like crap? Of course not. The world should not revolve around one person in a relationship.

We all have the same decision to make. Do we remain patient for who is best for us or merely settle for whoever comes along the way? If your friend came to you with the same relationship advice, what would you say to them? I think it's easier to believe other people deserve happiness than to think we deserve it. We all deserve the best, but sometimes we have to make difficult decisions to make sure we get it.

I'm here to help you! Please e-mail me at gullgirlnextdoor@gmail.com with a subject line of "Requests to Ms. Advice" for your questions. Thanks!

Have a question for Ms. Advice?
E-mail your anonymous questions to gullgirlnextdoor@gmail.com or put your questions in the large envelope tacked to The Flyer bulletin board outside of The Flyer office, GUC 215.

Perdue

Continued from Pg. 1

porate path, she instead discussed general points of view, connecting with male and female students.

"Everyone will have barriers but it's one's responsibility to turn them from a negative to a positive," Bursa said. "And when you see yourself as different, then everyone will view you as different. You should see yourself as an equal."

Professor Paula Morris said she felt the same way in her answer to the same question.

"I feel that leadership is leadership, no matter what shape, size, age or gender, and she repre-

sents leadership," she said.

Bursa referred to her trip to Switzerland for a business conference as an example of overcoming barriers. She was confused with being the woman serving coffee, as she was the only female in attendance.

"By the end of the trip, each man knew who I was," she said.

Bursa set an example as a successful role model for males and females.

"She showed great respect for all of Salisbury University," said senior Kate Schuman. "The way she presents herself on stage, she is a role model for me and the rest of the student body,"



Dan Anderson photo

Perdue Farms CFO and Senior Vice President Eileen Bursa speaks about her experiences in the business world on Oct. 20.

competitive but fun," said Carrie Kellams, a member of the Crazy Nurses team. "We even have been studying in between games."

In the final game, Fedorko Has No Chance took the win over Heavyweights, defending their championship title from last year.

"We had to come back to defend our title," said graduate student Chase Lawrence, captain of Fedorko Has No Chance. "It was a group effort and definitely for a great cause. We are always happy to help out the Special Olympics."

Last year Exercise Science Club and the Medical Careers Society

raised about \$600 for Special Olympics Maryland's Lower Shore program, with had 10 participating teams. The Exercise Science Club also won the "Outstanding Community Service Award" from SGA last year for Kickin' Balls for a Cause.

This year the Exercise Science Club put on the event by themselves.

"It really is for a great cause," Fedorko said. "We hope to make this an annual thing and to continue giving to this cause as the event gets bigger and bigger."

Kickball

Continued from Pg. 1

Brittany Wilkerson, president of the Exercise Science Club. "We are very happy to have another great response for this year's tournament."

The last four remaining teams in the tournament were Fedorko Has No Chance, Crazy Nurses, Heavyweights, and LHP. The Crazy Nurses, which was one of the teams new to the tournament this year, consisted of all second degree nursing majors.

Last year Exercise Science Club and the Medical Careers Society

The Commons' brunch: worth the cost

By Ajia Allen
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After a long, toiling week of classes, the there's only one place you can go to enjoy a brunch that's not your everyday kind of meal. The campus community can look forward to freshly made Belgian waffles with assorted toppings and omelets stuffed with multiple veggies and cheese. Did I mention this one stuffed delight is able to fill nearly your entire plate and stomach? If you haven't guessed already, both options are available exclusively at The Commons during late mornings and early afternoons on the weekends.

If those choices don't make your mouth water, you can still break out the napkins because the entire selection hasn't even been mentioned. Along with those breakfast delicacies, the eyes of some students are set on staple lunch foods and many other breakfast selections. The list goes on. The only way to fully experience the entire selection is to be there, though.

Having a constant week-to-week freshly made expectation waiting for each student in The Commons is the closest thing to a home-cooked relief of some of us may receive until the upcoming holiday breaks. This may be one of the reasons many SU students

dents – especially freshmen – are so fond of going to brunch. The food undoubtedly has its pull.

However, as many great things in life, this comes at a price. Brunch is of course a meal, and there's no such thing as a free lunch, after all. Many students have meal plans, but there are quite a few that don't. Does that mean those students can't enjoy this end-of-the-week delight? Not necessarily.

Paying for brunch, which runs from 11 a.m. to 3:30 p.m. at the Commons on weekends without a meal plan is \$8.56. That is definitely a significant amount to lose for college students.

There are other options, though. Become friends with someone who has a meal plan to see if he or she has any guest passes. Dining dollars on the Gull Card can also substitute for hard-earned cash. You could always sign up for a meal plan or decide to splurge.

It seems as if many students regard brunch as exciting, and go out of their way to get to The Commons and avoid the "sleepyhead" lines.

Is it even worth it? I'll let you decide. But just keep in mind that this food is definitely freshly made and well-sought-after breakfast and lunch.

As of this moment, my vote is in and that is a huge, resounding "YES!"

BUCKS with BOOKS

SU's Textbook Rewards Program

Get more than you bargained for when you buy your textbooks through the University Bookstore. Receive a gift certificate for 5 percent of your total textbook purchases to use on a future purchase in the Bookstore.

5% Credit

Here's how it works:

- 1 Buy your textbooks from the SU Bookstore, either in person or online.
- 2 Save your receipts (no duplicate receipts will be printed).
- 3 For two days only, **November 1 & 2**, bring your receipts from the current semester to the Bookstore for Redemption Days.
- 4 Receive your gift certificate equal to 5 percent of your textbook purchases (for example, spend \$400 on textbooks, get a \$20 gift certificate).
- 5 Use your gift certificate to buy textbooks, tradebooks, SU clothing and gifts, Hallmark, Greek products, school and art supplies and electronics.
- 6 Gift certificates are good until the next semester's Redemption Days, so be sure to use it or lose it!

*Some exclusions apply. See store for details.

Fall & Spring Semester Hours:
M-Th: 8:30 a.m.-6 p.m., F: 8:30 a.m.-4 p.m.,
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Salisbury
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**Monday-Friday
11 a.m.-3 p.m. ONLY \$5.95**

Mondays Cajun Chicken Sandwich

4 oz. Cajun-seasoned boneless chicken breast served on your choice of Kaiser roll or sourdough bread topped with a Grey Poupon Bistro Sauce, apple smoked bacon, lettuce and tomato. Served with homemade chips and a 16 oz. fountain soda.

Tuesdays Hawaiian Burger

Pub burger seasoned with A1 Thick & Hearty Sauce served on a Kaiser roll topped with two slices of deli ham, a pineapple ring and red onion. Served with homemade chips and a 16 oz. fountain soda.

Wednesdays Sweet & Sour Chicken Cordon Bleu Sandwich

Two Perdue chicken tenders served on a Kaiser roll topped with two slices of deli ham, Swiss cheese and sweet & sour sauce. Served with homemade chips and a 16 oz. fountain soda.

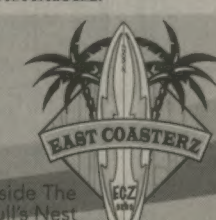
Thursdays Four Cheese Panini Sandwich & Tomato Soup

Provolone, cheddar, Swiss & American cheese between two slices of grilled sourdough bread topped with tomato alongside a 12 oz. cup of tomato soup. Served with homemade chips and a 16 oz. fountain soda.

Fridays Taco Salad

Shredded lettuce topped with tomatoes, cheddar cheese, refried beans, seasoned chicken or steak, salsa & sour cream served in a taco bowl. Served with a 16 oz. fountain soda.

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GUC Inside The Gulls' Nest

"Dark of the Moon" is emotional, interesting

By Pete Hicks
Staff Writer
Ph23698@gulls.salisbury.edu

There are plays that can make you both happy and sad. Then there are plays that can make you angry; they fill you with so much emotion that you can't help but want the best outcome for the characters. But you don't always get that fairytale ending. The recent production of "Dark of the Moon" by the Department of Theatre and Dance and The Bobbi Bron Theatre Program, performed on the weekends of Oct. 8-10 and Oct. 14-17 offered just this feeling.

The show was about a male witch from the mountains falling in love with a girl from a colonial town and getting her pregnant. He makes a deal to turn himself into a human in order to marry and be with her.

Throughout the show, the young girl – Barbara Allen – is caught in a conflict between what society expects of her and her love for her husband and former witch, John.

The ending of the show left Barbara dead and John reverting back into a witch who forgot all about his former feeling of love. The tragic story left the audience astounded. How could a couple that was so in love be ripped apart so easily and quickly? That question was what gave the show its power.

The show was set in the North Carolina mountains during the early 19th century and was portrayed well in the costuming and accents of the actors. It was the music of the show, however, that really set the mood.

The String Dusters played various instruments to give the show its old southern feel, and the cast sang and

danced in ways that really brought the audience into the world that the show was attempting to create.

The acting itself was good but included some minor issues throughout the show. At times, some of the characters seemed to lose their accents or fall out of their persona, but they picked everything back up. There were actors who were so convincing that they seemed to resemble their characters in real life.

The show included many religious scenes that seemingly overpowered the magical element of the story. The church was portrayed in a negative light, as an institution that is strict, mind-consuming and sometimes cruel. The production was certainly interesting to watch, and I recommend seeing future productions from the theatre department.

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DePaola competes against thousands of runners, and cancer, in marathon relay

After training for 227 miles, SU senior runs half of Baltimore Marathon in honor of friend

By Kayla Smith
Staff Writer
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With feet pounding on the ground, arms pumping at her chest, hair blowing in the wind, Jamie DePaola is right where she wants to be. Raised a competitive gymnast, the SU senior never thought she would find herself running across the finish line of the Baltimore Marathon on Oct. 16.

Previously her focus had been on having the best gymnastics routine, not pacing her miles as she ran with 25,000 other runners. But her mood had changed, and determination set in when she and three friends decided to run the marathon on a relay team in honor of friend Janine Tolley, who passed away due to cancer last summer. Her training started Aug. 11, when she began running on a schedule, mostly including three- and four-mile runs. Sundays became more difficult because she increased her previous Sunday distance by one mile each week, starting with a four-mile run the first week and reaching the longest training run, 11 miles, in the eighth week. She ended her ten-week training with a total of 227 miles completed prior to the race.

Missing a day of training was not an option. "I was really upset if it was raining when I wanted to run," she said. "There is nothing better than letting go and running wherever I want to go."

DePaola completed her marathon in a team of four, running the third leg herself. To support her friend Chelsea Tolley, Janine's daughter, DePaola chose to run the third leg and the fourth leg alongside Chelsea, encouraging her to the finish. DePaola did a total of 13.1 miles in 2 hours and 10 minutes.

Was she nervous? "Not at all," DePaola said. "Running is mindless; I can go out and just run. If anything, this was the most excited I had been before a compe-

tion." Raised to be an athlete and always training, DePaola was able to create a mindset that would allow her to focus solely on her goal. "In gymnastics it's important to be mentally there at all times, because if you're not you may get injured," she said. "With running I can let go and know that my mindset is still there, but instead of focusing I can enjoy being outside and taking in the scenery as I run."

While this was her first marathon, she intends to compete again next year by doing the full marathon. She'll practice by participating in several other races along the way, including a triathlon in May.



Submitted photo
Senior Jamie DePaola runs her leg of the race in the Baltimore Marathon on Oct. 16.



Jules Waxman photo
Dr. Robert Baker plays piano during the New Music Salisbury presentation in Holloway Hall on Oct. 22.

Professors perform unusual tunes during New Music Salisbury

By Andrew Bell
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"This is NOT classical music," read an advertisement for New Music Salisbury, a recital held last Friday that featured contemporary works by SU music professors Robert Baker and Jerry Tabor.

Described by the professors as "contemporary art music," students and the public came to see the individuals' musical talents in Holloway Hall Oct. 22.

The performance, which featured faculty and students playing various instruments, embraced atypical sounds and inharmonious styles. It explored seemingly chaotic as well as a unified and organized structure. This gave the music an unpredictable nature, said student Karina Noble.

"I never knew quite what to expect," she said.

This seemed to heighten the excitement of the audience, which grew as the concert progressed. The show included two piano solos, a string quartet, and a guitar solo.

By the recital's finale, a work that featured six instrumentalists staggered throughout

the room and, utilizing such uncommon sounds as breaking glass, left some audience members at the edges of their seats.

"I liked all of the pieces," Noble said, "but the last one was my favorite. I couldn't believe what I was seeing."

Baker and Tabor said the presentation of their music was deeply satisfying to them. They started New Music Salisbury this year because, "performances allow people to interact with our art and learn something about us and ourselves," Tabor said.

Baker asked around to see how the audience felt about the performance.

"I spoke with several audience members after [the show]," he said. "They all seemed to be quite energized and enthusiastic about what they had just experienced."

Baker added that music allows listeners to "share an experience that is abstract, individual, and subjective yet also offers a sense of solidarity," Tabor agreed. "It's always interesting to see how performers and an audience respond to our music," he said.

New Music Salisbury is the first recital of its kind at SU, and Baker and Tabor plan to continue the initiative in the future.

From the Photo Bank: What's Happening On Campus



Pat Hackley photo
Courtney Cohen and Alison Mattingly share information about recycling at the Sustainability Fair on Oct. 21, as Max Young points out something interesting to Sam White.



Matt Goldman photo
The band Naylor Mill performs their music in Cool Beans during an acoustic music event on Oct. 2. Vanity also played songs for the audience.



Erin Corcoran photo
Freshmen Emily Gubish and Kristen Wolfe "Cop a Feel for Cancer" during a Breast Week event on Oct. 20.



Matt Goldman photo
Corinne Spence auctions off Sigma Tau Gamma member Anthony DeNuto at an Oct. 20 date auction.

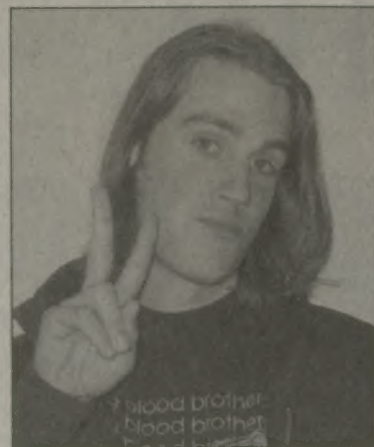


Matt Goldman photo
Salisbury comes out on top in this fight for the ball during the Gulls' game against York on Oct. 23. SU lost the match 1-0.

Meet... Charles Dulka

Each week in The Flyer, readers can learn more about other members of the SU community through this new question-and-answer column.

By Sarah Krauss
Staff Writer
Sk32822@gulls.salisbury.edu



Charles Dulka

TF: What do you do when you are bored?
CD: I like to snuggle with kittens and browse the Internet.

TF: If you could be in any profession, what would it be?
CD: I would want to play drums in a jazz metal band.

TF: If you could be in any profession, what would it be?
CD: I would want to play drums in a jazz metal band.

TF: Who is your favorite professor at SU?
CD: Dr. Miller. He was my philosophy professor for Philosophy 101. He was one of the factors in my deciding to major in philosophy.

TF: What is your favorite food to make?
CD: Burritos supreme with chicken, steak, hot peppers, guacamole, onions, sour cream, mushrooms, hot sauce and bacon.

TF: What is your signature saying?
CD: "Holy hotdogs, I am single and ready to mingle!"

TF: What is the last concert you

Finders, Keepers

Sustainability Swap allows for students to dump their items and find new ones

By Kristina Jackereas
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"If a person has free stuff that they don't want, why not give it away to someone who does?" said Christo Martin, who hosted a Sustainability Swap with the Environmental Student Association on Oct. 21 in front of Devilbiss Hall.

That's exactly what students could do during the event, in which students could drop off any items they no longer wanted, including clothes, hats, shoes and jewelry. Donors could also pick up other students' unwanted items. At the end of the day, anything not taken was donated to Goodwill.

In addition to free items, the event had music and free pizza. Other students from the ESA were playing guitars and encouraging students to come pick out free items.

Martin, an environmental studies major, held the event for his senior seminar project. Martin said he was inspired to do the

Swap when he saw a similar event during a trip to San Diego, Calif. "People would drop off their unwanted items and then pick up other items," Martin said. "I thought it was a great idea because being on a college campus means I'd have a huge audience." The Swap also had a great turnout when it came to the free items. "I didn't bring that much at all," Martin said. "After a while, we had twice as many clothes than we started out with."

Martin said the location of the event was beneficial.

"It was gorgeous outside and students were always out and about, especially after classes let out. We had a great turnout," he said.

Overall, Martin said he thought his Swap was very successful and said he hopes to have one each semester.

"It was really interesting," said junior Zach Trott. "I was able to get a Salisbury T-shirt there. I've never heard of anything like this before. It was definitely unique."

Girls on Top take down Alzheimer's

By Sarah Krauss
Staff Writer
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One step at a time, members of Girls on Top of the World walked in an effort to stop Alzheimer's and help those who have it.

GOT is a community service and social event club that encourages students to get out and get active in the local community.

Every walker in the Alzheimer's Association Memory Walk signs a pledge stating they're committed to raising awareness and funds for Alzheimer's research, care and support.

The pledge also states, "Currently more than 5 million Americans have Alzheimer's, and 78 million baby boomers are at risk—unless we find a way to change the course of this disease."

Equipped with "Stop Alzheimer's Now!" signs, the participants walked a near three mile course in retaliation of the disease.

Junior Sara Rykoskey is one of GOT's community service chairs. Rykoskey said GOT's main mission "is to help the community, inside and outside of Salisbury." Although Rykoskey has never participated in an Alzheimer's walk, she thought "it would be a lot of fun. We never limit our community service events to the same ones every year; we are always open to help the community by doing walks and fundraising."

Sophomore Elizabeth Buchanan, a member of GOT, has been strongly affected by Alzheimer's. With her grandmother and grandfather being diagnosed four years ago, she said she feels Alzheimer's "needs to be brought to the surface. People need to know what a detrimental disease it is."

Reflecting on the walk, Buchanan said, "It really meant a lot because I felt I was walking for my grandparents. I was doing my part towards finding a cure."

Sophomore Ariel Levy, also a member of GOT, was astounded by the walk's turnout. "It made me feel good to see supporters of all different ages," Levy said.

Buchanan agreed. "It is great that so many different SU clubs are willing to take time out of their day to volunteer," she said.

The Mustangs and Sea Gulls played a very close second set with both teams trading leads until the Sea Gulls

Volume 38 Issue 8

SPORTS

October 26, 2010



Dan Anderson photo

Sophomore middle hitter Chelsea Glowacki hits the ball over the net during the Gulls' game against Stevenson on Oct. 21. The Gulls won the game that was part of their "Digs for Dogs" fundraiser 3-0.

Volleyball is victorious in first "Digs for Dogs" event

By Evan Clifton
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The SU volleyball team (18-10, 5-2 CAC) won its fourth conference match, 17th overall, of the season on Oct. 21. The Gulls took down Stevenson University for the 14th straight time since 2000 and marked the Sea Gulls' 13th straight-set victory of the season.

With a large and raucous crowd cheering them on, the Gulls opened the first set winning the first four points behind two kills from sophomore Chelsea Glowacki, who led the team with 13 kills in the match overall. The Gulls rode this momentum to a 15-9 lead until a string of errors let Stevenson tie the contest at 17 apiece.

However, the Gulls responded and won six straight points, taking the first set 25-19.

The Mustangs and Sea Gulls played a very close second set with both teams trading leads until the Sea Gulls

took a timeout with Stevenson up 23-21. The Gulls responded by winning the next two points and tying the match again, at 23 each. At set point for the Mustangs, Stevenson committed two costly errors before Sea Gull sophomore Carley Todd ended the second set with an emphatic ace, giving the Gulls the second set 26-24.

Much like the second set, the two teams traded points until midway through the set when the Gulls took a 16-12 lead. Stevenson then called a time out, regrouped, and clawed within a point, with Salisbury up 21-20. Some back and forth play from the Gulls made for some exciting final points, many ending with point-ending blocks by the Gulls.

The last of these blocks, by sophomore Kelly Vieira, ended the third set with the Gulls winning 25-21. The win improved the Sea Gulls' record to 17-40 on the season and more importantly, 4-2 in the conference.

"We beat a really worthy opponent 3-0 tonight and earned a huge conference win, so I'm very happy with our result," said head coach Mangle Knight.

The team also hosted its first ever "Digs for Dogs" event, a silent auction and serving contest for fans with all the proceeds benefitting the Humane Society of Wicomico County and The Dog House Kennel in Salisbury.

The volleyball team has done other events in recent years, such as "Dig Pink" for breast cancer awareness, but this year, Knight wanted to do something that benefits the local community more directly.

"I'm a huge animal lover...I got my two cats from The Dog House and I wanted to do something to give back," Knight said.

Hordes of volleyball fans and animal lovers alike packed together to participate in the silent auction and compete in the serving contest. Fans won items including an SU football helmet, lacrosse helmet, and free gift cards to local food vendors.

Battle for the ball



Matt Goldman photo

As a Salisbury player tries to get the ball past the goal line, the York goalkeeper keeps his hand on the ball as three teammates back him up on defense. The Gulls lost the matchup to the CAC opponent 1-0 on Oct. 23.

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Field Hockey

On Oct. 20, SU's field hockey team (12-2, 2-0 CAC) traveled to Newport News, Va., to take on Lynchburg College. The Gulls came home with a 5-1 victory.

In the first nine minutes, senior Kandice Hancock put the Gulls' first goal in the back of the cage. Salisbury's second and third goals were nailed in by junior Caitlin Walker in the 19th and 20th minutes.

Lynchburg came back to score their only goal within the first eight minutes of the second half. The Gulls sealed two more goals in the second half by senior Katy Lamboni and sophomore Amber Holland.

At Frostburg State on Oct. 23, SU conquered the Bobcats 11-1. In the first three minutes, junior Courtney Webster scored on an assist from senior Katie Fost. Sophomore Erica Henderson tallied the Gulls' second goal, while Walker scored the third one minute later on a penalty corner. Webster registered the fourth goal for her team, and Lamboni scored the fifth goal a minute later. Junior Alison Bloodworth gave Salisbury a 7-0 edge, scoring two goals just 47 seconds apart. FSU scored their lone goal in the 39th minute.

Sophomore Melissa Slocum and junior Danielle Lehman both scored giving Salisbury a 9-1 lead. Lehman and freshman Hannah Castelow scored the final two goals. Junior goalkeeper Anna Cooke finished with five saves.

Women's Soccer

The SU women's soccer team (7-10, 5-3 CAC) fell 2-1 at No. 23 Rowan University on Oct. 20.

Rowan scored the first of their two goals in the 24th minute of the contest, and the Profs registered their second goal right before halftime off a free kick.

Sophomore Krista Passio put the ball in the net in the 62nd minute off a free kick from sophomore Erin Mooney.

Sophomore goalkeeper Melissa Orgena played the entire first half, finishing with two saves. Freshman goalkeeper Lauren West played the second half, and tallied one save.

Volleyball

The SU volleyball team (18-10, 5-2 CAC) notched a 3-0 triumph over Hood College on Oct. 22. The 25-15, 25-18, 25-17 victory sealed SU's 14th straight-set win of the season.

The third game was back-and-forth between the two teams, but the Sea Gulls tallied five straight points giving themselves a 21-13 edge over Hood.

Sophomore Carley Todd led the Gulls with a team-high 16 digs, four block assists, eight kills and 10 assists. Sophomore Kelly Vieira posted 13 digs, three block-assists and one solo block in Salisbury's win.

Cross Country

The SU women's cross country team captured its first championship of the

Athlete Spotlight

Sarah Pfundstein

By Matthew Miller
Staff Writer
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Sarah Pfundstein

"It felt awesome; it's basically my first year playing so I was excited."

Sophomore women's soccer player Sarah Pfundstein is the focus of this week's Athlete Spotlight. Pfundstein is coming off her most productive week as a Sea Gull, scoring in a 3-1 win over Wesley and following it up with a goal and an assist in a 7-0 rout of Hood College. For her efforts, the Crofton, Md., native was named CAC Women's Soccer Offensive Player of the Week. The forward is now second on the team with four goals and nine points. Recently, Pfundstein sat down with The Flyer to answer a few questions.

How did you get into soccer, and when did you start playing?
"I started playing when I was 4 years old. I joined a co-ed team with my older brother, and my dad was the coach."

How do you feel the season has gone so far?
"We have a really young team, so it took us a little while to get going and we had few losses but we've started working together and playing as a team so it's gotten a lot better."

What are your goals for the rest of the season?
"Hopefully win a CAC Championship, and how we play over the next couple games will determine if we get a good seed in the tournament."

Recently you were named CAC Women's Soccer Offensive Player of the Week. How did that feel?

You missed almost the entire season last year due to injury and illness. How hard was that?
"That was miserable, because I tore my quad and had swine flu during the season. I tried to come back a few times but kept getting re-injured and ended up only getting to play in one game all season. So it was terrible, but it's good to be back."

What is your major?
"I'm double majoring in journalism and Spanish."

When you're not playing soccer what do you like to do in your free time?
"Me and my friends play racquetball a lot, and other than that just hanging out, being a normal college kid."

What are you planning on dressing up as for Halloween?
"Me and my friends are all being characters from SpongeBob SquarePants, and I'm Patrick Star."

How do you go about preparing for games each week?
"We have a pretty consistent warm-up routine, and we all meet up in the locker room and listen to music about an hour before we go out to the field."

What is your favorite pre-game song right now?
"It depends, but one that I like is 'Dance My Pain Away' by Rod Lee."

Spotlight Coach Wood earns 100th football win

By Patrick Drengwitz
Staff Writer
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Sherman Wood

Football Head Coach Sherman Wood recently won his 100th game at the SU Homecoming game with a respectable score of 45-21. Wood brings with him six years of coaching experience at Bowie State and has now reached his 12th year leading SU. The Flyer recently sat down with one of SU's gridiron leaders for a few questions.

What was it like notching your 100th win?
"Honestly, I really forgot about that. I was a bit stunned, but what really touched me was when one of the players, Matt Leon, said to me, 'I'm honored to be a part of your 100th victory.'"

How does this year's football team compare to those you have coached in the past?
"This year's team has wonderful chemistry. It's outstanding really. The chemistry has gotten us where we are today."

What drew you to the head coaching position here at Salisbury?
"As an alumni, I have always had maroon and gold, and paid attention to the progress of the program. So there was no hesitation when I got the call for the interview."

Would you call yourself an offense or defense favorable coach? Why?
"I would favor special teams, actually. I used to be a special teams coach and you get to know your players better be-

cause you have offensive and defensive players on that part of the team."

Describe one of your best experiences with the team, aside from this 100th win milestone.
"It was my second season and we played Ferrum College in 2000. We defeated them in double overtime with a very young team. To beat them, when they were in the top 25, was great momentum for me because I had just started coaching."

What is one key thing you think to yourself and tell your players to pull out a win on game day?
"The biggest deal is execution; we want to execute and have a great work ethic."

What is one drill you try to incorporate into every practice?
"One great conditioning drill is corners, which the guys dread, where they have to run back to their starting point on the field in a certain time, of which they never know."

What are your future plans in terms of sticking with the football organization here at SU?
"I would like to get to at least a national championship game. But the main goal is to win the South."

Eating out? Delmarvalist eats + drinks is new resource

New feature on Delmarvalist website offers online ordering, menus and information

By Kristina Jackereas
Staff Writer
Kj94017@gulls.salisbury.edu

With the press of a computer key, students can learn more about local restaurants and order food from places in the Salisbury area.

WBOC and Delmarvalist.com are offering Delmarvalist eats + drinks. The website is now available but will officially launch in November, according to WBOC Account Executive Kevin IDoni, who developed the site.

Eats + drinks provides information about restaurants in the Delmarva area, providing full access to the menus, posting phone numbers and offering online ordering.

Delmarvalist eats + drinks features local restaurants in Salisbury, including TCBY and Pat's Pizzeria, among others.

"Eats + dDrinks gives restaurants a chance to have online ordering," IDoni said.

"Students and families can have the convenience of online ordering, and they don't have to leave their seat," he said. "So, there's no phone calls, and no waiting on hold, it's more direct."

The site also provides restaurant menus, locations, pictures, as well as exclusive online deals and coupons.

"College students are always looking for great deals," IDoni said. "Eats + drinks can provide them with that. For example, starting (in November), TCBY is featuring a small cup for 99 cents. Also, several other restaurants will have specials not just on their foods, but on their drinks as well."

"Eats + drinks is for anyone who wants something quick," said WBOC General Manager Brook Warner. "Plus, people enjoy ordering in private, and ordering online is speedy,

and correct the first time around." In addition to the information on the site, Warner noted that WBOC has gotten successful feedback.

"Many people have already signed up," Warner said. "We're getting great feedback; people love seeing their favorite restaurants on the site."

"This website sounds really interesting," senior Dave Young said. "I would definitely use it; it sounds really convenient. I'd probably try ordering online at Specific Gravity, it's one of my favorite restaurants."

While Specific Gravity does not offer online ordering through Delmarvalist eats + drinks at the present time, information about the restaurant on East College Avenue is available on the site.

Senior Jessica McGinty also found the site appealing. "It's pretty nice to know there's a quick place to order food at," she said. "I'd love to order food online at Sage. My boyfriend and I go every Sunday after church."

Sage is not currently part of the site, but McGinty and other students may be able to find new local restaurants through Delmarvalist eats + drinks.

For more information, or to check out local restaurants online, go to Delmarvalist.com/eats.

Delmarvalist eats + drinks

Submitted logo



The most important meal of the day... is not breakfast.

By Eric Buratty
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A widely-known fact is that breakfast represents the most important meal of the day. Too bad this isn't much of a fact. I've realized that people who generally seek the path of least resistance are the same ones who think breakfast is the most important meal of the day. These are the same people who tend to be more interested in the quick fix, short-term fitness success and rely on exercise as a means to burn calories more than just becoming better.

On the other hand, people who go that extra mile and use nutrition to fuel their fitness goals are the same ones who believe workout nutrition is the most important energy period of the day. These are the same people who tend to be more interested in achieving long term fitness success and focus on becoming better during a workout. Long term fitness only starts with breakfast and is put into full force once nutrition and workouts become consistent.**

The real purpose of breakfast

The way you start your day from a nutritional standpoint is one of the best indicators of how the rest of your day is going to go. If your breakfast primarily consists of the quick fix, finger foods and/or packaged snacks and sugar coated cereal,

you're setting yourself up for nutritional failure throughout the rest of the day. Why? Your artificially-induced pleasure from foods that aren't real give you a craving for more of the bad stuff throughout the remainder of the day. Thus, the real purpose of breakfast is to break into optimal nutrition habits right away from your fasted state after waking.

Eating the good stuff first

You don't have to be perfect. It's OK to treat yourself to an unhealthy food choice once or twice a week. Just don't make it an everyday thing. Instead, start making a habit out of eating the good stuff first. This doesn't mean to purposely leave just enough room for indulging in unhealthy items after a good meal. Load up and actually feel full on the good stuff first. The more you focus of real foods rather than artificial and refined ones, the more you will experience a lifestyle full of quality.

Pre, peri, and post workout nutrition

The time frame just before, during, and after your workout isn't called the "window of opportunity" for no reason. We've all heard the cliché that you are what you eat. Well, in a similar manner, what you eat is what you'll produce. If you eat junk, you will produce junk during your workout. And if you eat any junk after your workout, that will simply act as

carryover for future exercise. Therefore, the most important nutritional period throughout the day is what you consume before, during, and after a productive workout. So, how do you take advantage of this most important nutritional period throughout the day?

Nutrient timing is all about properly spacing out your macronutrients—and thus calories—in such a manner to help you perform optimally. Simply put, you consume slower digesting foods farther away from your workout time and faster absorbing items closer to and during the time you exercise. I've provided a basic sample template for your reference. Adjust portion sizes to accommodate your fitness goals and caloric needs.

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to email me at eb55419@gulls.salisbury.edu. For those who are more serious, specify that in your email, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com if you missed a previous article in the paper.

Links:
*http://unleashyourfitnesspotential.com/stop-seeking-the-path-of-least-resistance/
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Before (-60 min.)	8-10 oz. lean meat + oatmeal with raw/unsalted almonds + green veggies or beans
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During (15-45 min.)	1500 mL or more of water and/or low calorie/sugar energy mix
After (+15 min.)	One scoop supplemental whey in water (additional leucine optional) + apple (fruit optional)

Salisbury slips during Frostburg match

By Greg Weston
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The SU women's soccer team (7-10, 5-3 CAC) suffered a heartbreaking defeat on Oct. 23 to Frostburg State University with a score of 3-0.

Junior forward Amanda Zyzak described the overall game as frustrating.

"We had some good performances by individuals, but we just didn't play well as a team," Zyzak said.

Both SU and Frostburg had 11 shots total, with almost the same number of shots on goal. Frostburg had seven as opposed to SU's six. In a game with many opportunities, the Gulls unfortunately could not capitalize on any. The first goal from Frostburg came in the 26th minute off of a shot that hit the top left post, only then to be smashed into the bottom of the net off the rebound. The next goal came shortly into the second half, in the 46th minute, and was a header off of a free kick. The Bobcats then put the final nail in the coffin, scoring their last goal in the 70th minute.

"We came out strong in the first half," said sophomore midfielder Bonnie Sandone. "We just couldn't



Matt Goldman photo

A Sea Gull brings the ball down the field, shielding it from her Frostburg opponent. The Gulls lost the Oct. 23 game 3-0.

find the back of the net at all." Sandone had two shots with only one of them on goal.

In a game with statistics almost identical, the scoreboard told a different story after 90 minutes. Junior forward Sarah Jessilonis lead the statistics with three shots on the day with all of them on goal. Freshman goalkeeper Lauren West played for 72 minutes and finished with three saves. West allowed three goals before being substituted by sophomore goalkeeper Melissa Orgera who played the final twenty minutes.

Due to the loss, the girls dropped from their second place seed to fifth, and will have to play all of their playoff games on the road.

"It's almost the same," Sandone said of the possible change in men-

talities that come with playing away instead of home. "The long bus rides are really annoying, though."

There was a four-way tie for second place prior to this game. For the Gulls to have a good run in the playoffs, the ladies must work on team communication, according to head coach Jim Nestor.

"It's a problem we've had all year," Nestor said. "But, in addition, we also just gave (Frostburg) too much space."

The girls traveled to Eastern University Oct. 24 for their final game of the regular season. CAC Tournament first round playoffs are scheduled to start Saturday, Oct. 30.

"We can't dwell on what happened," Zyzak said. "We just have to keep our heads up for the near future."

Halloween Show
Saturday, 30th
7p - 11p

\$5 cover includes bands and food

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SALISBURY SPORTS CALENDAR

Tuesday - 10/26	Wednesday - 10/27	Thursday - 10/28	Friday - 10/29	Saturday - 10/30	Sunday - 10/31	Monday 11/1
Swimming: 6 p.m. vs. Rowan	Volleyball: 7 p.m. vs. York (Pa.)	Field Hockey: 6 p.m. vs. Catholic		Football: 1 p.m. vs. Wesley		
Field Hockey: 6 p.m. vs. Wesley						